



Florida Department of Health in Gulf County

Wellness Newsletter August 2014

Visit our website at www.gulfchd.com

Welcome Charlie Richardson, M.D. and Musab Al-Yahia, M.D.

MISSION: To protect, promote and improve the health of all people in Florida through integrated state, county, & community efforts.

August 2014 Activities:

Want to Join a FREE Fitness Program?

Saturday Programs Include:

1. Walking Program
2. Zumba
3. Zumba Gold (adults 55+)

For more info, contact Sarah Hinds at 850-227-1276 x205.

Community Health is a Community Challenge.

There are many topics currently being explored to improve the health of Gulf County citizens.

The possibilities include:

- Special healthy menu items at local restaurants
- Outdoor exercise equipment at parks and/or walking trails
- Increased access to the local Farmer's Market

To find out more, join the **Gulf County Community Health Improvement Partners**. Meetings are held at 12:00 pm EST on the last Wednesday of each month at Sunset Coastal Grill.

Florida Department of Health in Gulf County Contact Info:

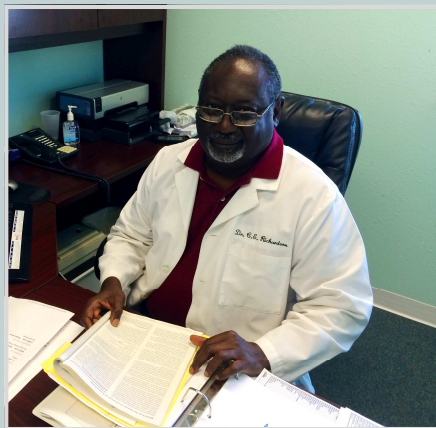
Port St. Joe: (850) 227-1276
Wewahitchka: (850) 639-2644

Dr. Charlie Richardson is a graduate of the Meharry Medical College, School of Medicine in Nashville, Tennessee and an undergraduate of Florida State University in Tallahassee. Dr. Richardson is board certified in general surgery and a member of the American College of Surgeons. He is a world traveler, enjoys fishing and brings a unique community health approach to our facility. Dr. Richardson looks forward to developing a strong partnership with your family, and strives to deliver a pleasant and positive family practice.

Dr. Musab Al-Yahia is a graduate of the Florida State University, Pediatric residency program in Pensacola and an undergraduate of the University of South Florida in Tampa. A long-time Panama City resident, he enjoys scuba diving, fishing and spending time with his wife and four children. Dr. Musab brings pediatric emergency room experience and looks forward to working with Gulf County families with the highest quality of care.

The Florida Department of Health in Gulf County accepts Prestige and Staywell Medicaid, Medicare and most other third party insurances.

Call today to schedule your appointment! (850) 227-1276



Dr. Charlie Richardson



Dr. Musab Al-Yahia

World Breastfeeding Week: August 1-7, 2014

The experience of breastfeeding is special for so many reasons: the joyful bonding with your baby, the cost savings, and all the health benefits for both mother and baby. When you choose to breastfeed, you make an investment in your baby's future. Breastfeeding allows you to make the food that is perfect for your baby. Your milk gives your baby the healthy start that will last a lifetime.





national IMMUNIZATION awareness month



Top 6 Tips to Help Children Develop Healthy Habits

You can help your child develop healthy habits early in life that will bring lifelong benefits. As a parent, you can encourage your kids to evaluate their food choice and physical activity habits. Here are some tips and guidelines to get you started.

1. **Be a good role model** - You don't have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they'll take notice of your efforts.
2. **Keep things positive** - Kids don't like to hear what they can't do, tell them what they can do instead. Keep it fun and positive.
3. **Get the whole family moving** - Plan times for everyone to get moving together. Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside.
4. **Be realistic** - Setting realistic goals and limits are key to adopting any new behavior.
5. **Limit TV, video game and computer time** - These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for [obesity](#) and [cardiovascular disease](#). Limit screen time to 2 hours per day.
6. **Make dinnertime a family time** - When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get your kids involved in cooking and planning meals.

National Immunization Awareness Month is a reminder that we all need vaccines throughout our lives.

Immunizations help prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and tuberculosis, adults need to get their shots – just like kids do.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

It's important to know which shots you need and when to get them. Other shots work best when they are given at certain ages.

- If you have a child age 6 or younger, [find out which shots your child needs](#).
- [Find out which shots adults and teenagers need](#).
- [Use this chart for adults to see if you are up to date on your shots \[PDF – 156 KB\]](#).
- If you are pregnant, [check out this recommended immunization schedule \[PDF – 188 KB\]](#).

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need. For more information, visit **The Florida Department of Health in Gulf County** or call **(850) 227-1276**.

Healthy Habits Start at Home

#HealthiestWeightFL



HealthiestWeight

3 EASY & FREE WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.
1-877-U-CAN-NOW
1-877-822-6669



Online help quitting tobacco is only a few clicks away.
www.quitnow.net/florida



Looking for local face-to-face help? Find a center near you.
www.ahtc tobacco.com